

# Co-Parenting After Divorce

## *Free Parenting Program*



**Tuesdays, June 22 & 29 - 7pm - 8:30pm**

Breaking through the common obstacles, Julie McDonald, life coach and divorce survivor/thriver, introduces powerful tools to achieve cooperative co-parenting. Taught in two sessions that include small group sharing and exercises, you will learn the essentials and benefits of co-parenting.

**Session One** - Review the definition and elements of effective co-parenting to establish cooperation.

**Session Two** - Fundamentals of an effective parenting plan and practical help in establishing healthy communication.

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